



We are the  
faces of  
addiction –  
and the faces  
of recovery.

We got help,  
and we  
got better.

We are young  
and old, black  
and white,  
man and  
woman, old  
and young.

We are just  
like you in so  
many ways.  
We are your  
neighbors.

# Recovery is *everywhere.*

Addiction happens in  
all kinds of families.

If alcohol, prescription  
drugs or other drug use is  
hurting someone you care  
about, help is a phone call  
away.

Call the **Alcohol and Drug  
24 Hour Helpline** to find  
out about treatment at no  
cost: **1-800-562-1240**

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## How do I know if I need addiction treatment?

If you answer yes to two or more of these questions, call the Alcohol/Drug Helpline for confidential, no-cost information about treatment:

- ▶ Have you spent more time drinking or using than you intended to?
- ▶ Have you ever neglected your responsibilities because of using alcohol or drugs?
- ▶ Have you felt you wanted or needed to cut down on your drinking or drug use in the last year?
- ▶ Has anyone else ever told you they objected to your alcohol or drug use?
- ▶ Have you found yourself preoccupied with drinking or using?
- ▶ Have you ever used alcohol or drugs to relieve sadness, anger or boredom?

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**Alcohol and Drug  
24 Hour Helpline**

**1-800-562-1240**

**Treatment *Works!***

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Washington State  
Department of Social  
& Health Services

**Division of Alcohol and Substance Abuse**

[www1.dshs.wa.gov/dasa](http://www1.dshs.wa.gov/dasa)